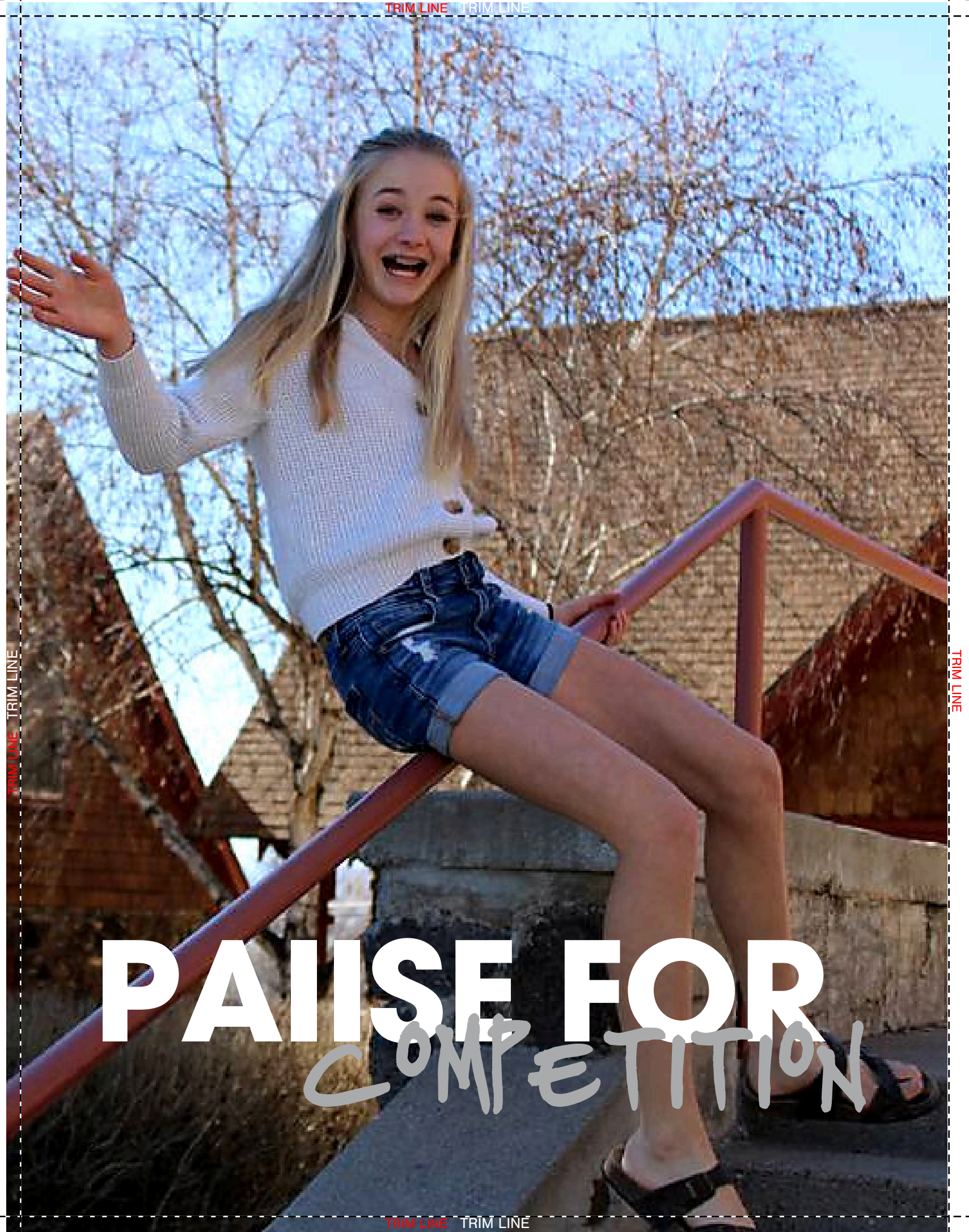


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Paige Kehmeier *"The Goat"*

Paige Kehmeier '25 has been running for nearly six years. Her dedication and drive to do better every time has contributed tremendously towards her success. She was one out of two people to attend State for cross-country from Delta High School.



"It was a really big deal because only the **TOP 15** in your region could go. Freshmen don't usually go to State cross-country, especially since we're a smaller school," said Kehmeier. She received 54th out of 153 people. In Delta High School, Kehmeier is known for her talent in running. "I say what encouraged me was that I just found out that I was good at it and it made me want to see how good I could be." Kehmeier does not just do cross-country, her busy schedule is also full of basketball, FFA, 4H, track, and taking care of her goats at home. "I love it, but sometimes it does get stressful. **YOU KIND OF GET MAD THAT YOU ARE IN SO MANY ACTIVITIES** because I miss out on something else."

The crazy athletic genes seem to run in the family. Bill Kehmeier, Paige Kehmeier's grandpa, was also an amazing track star. "My Grandad was my biggest inspiration," said Kehmeier. "He inspires me to do the best that I can and be like him because he was really good at track and all of these sports and stuff." Bill Kehmeier set four different records as a senior at Cedaredge High School. He also set seven different track records at State and is the only athlete to win the pentathlon in the following years. His granddaughter seems to be following in his legendary steps.

Kehmeier is not just an athlete, at home she takes care of four goats and one chicken. "Their names are Huck, Finny, Bear, and Diesel. I also have a chicken named Betty. All my other chickens died sadly. I love her."

Kehmeier is very **ENERGETIC**. She seems to always be doing something exciting. "In my free time I like to go rafting a lot and paddle boarding, and I also like to be outdoors and go hunting." Her family and her four goats accompany her on these trips. "They're very big goats and they follow you around. They're basically like big dogs," said Kehmeier.

Kehmeier is already making her mark on the world. She plans to go far with running and her dream college is Penn State. "If there's any advice I could give younger athletes, it is that don't get in your head about some things. Especially when running, I get really bad anxiety about not living up to the potential that other people have set for me. **I REALIZED IT IS BETTER JUST RUN MY BEST RUN AND JUST HAVE FUN WITH WHAT I'M DOING.**"

Photo Credit: David Emory

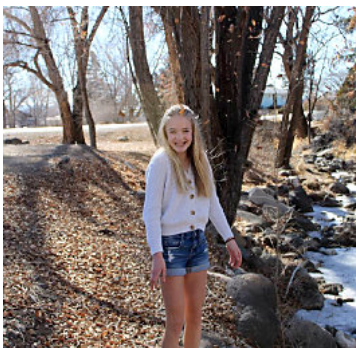
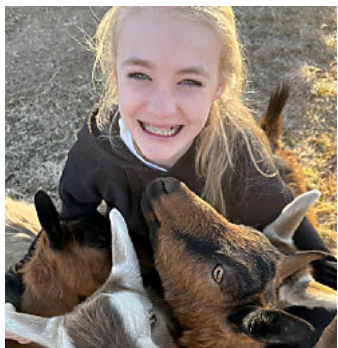


Photo Credit: David Emory



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